

# PYRIDOXINE

*pye-rid-ox-een*

## What does it do?

*Pyridoxine* (also known as vitamin B6) increases the amount of vitamin B6 in your body.

## Before you start

- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

## How should you take it?

Take *pyridoxine* regularly as directed with a glass of water.

## What if you forget a dose?

Take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

## Can you take other medicines?

Some medicines available without a prescription may react with *pyridoxine* including:

- supplements that also contain *pyridoxine* (e.g. Centrum®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

## What side effects might you notice?

Side Effects	Recommended action
Numbness or tingling of the fingers or toes	Tell your doctor immediately
Headache Nausea	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.